

# KNOWLEDGE

Brings comfort and improvement and tends to personal enjoyment when rightly used. The many, who live better than others and enjoy life more, with less expenditure, by more promptly adapting the world's best products to the needs of physical being, will attest the value to health of the pure liquid laxative principles embraced in the remedy, Syrup of Figs.

Its excellence is due to its presenting

in the form most acceptable and pleasant to the taste, the refreshing and truly beneficial properties of a perfect laxative; effectually cleansing the system, dispelling colds, headaches and fevers and permanently curing constipation. It has given satisfaction to millions and met with the approval of the medical profession, because it acts on the Kidneys, Liver and Bowels without weakening them and it is perfectly free from every objectionable substance.

Syrup of Figs is for sale by all druggists in 50c and \$1 bottles, but it is manufactured by the California Fig Syrup Co. only, whose name is printed on every package, also the name, Syrup of Figs, and being well informed, you will not accept any substitute if offered.

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make expenses while here. MCNAGHTEN, HON MAIN ST.

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\$15,00 And up, suits made to order. \$3,50 And up, pants made to order. Latest styles; good fit, and satisfaction guar-

L. S. Naftager, Pres. E. R. Powell, Vice-Pres. J. M. Moore, Cash'r. J. N. Richardson, Ass't Cash'r. FOURTH NATIONAL BANK, WICHITA, KANSAS.

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GOSSIP ABOUT MATTERS OF INTER-EST TO FAIR READERS.

The Athletic Side of Woman's Bioye-ling-Latest Fashion in Letter Writing-Stylish Autumn Conts-The Baby Alarm-Househild Hints,

In the first place, it ought to be a law for every woman that she should never ride a bicycle after a distinct feeling of weariness comes over her. For those who are beginning, especially, and in a measure for all women, there is a danger of riding out a certain distance, and only turning toward home when this feeling of weariness comes on. In such cases the strain on the nervous system all the way home is very great, and by the time the end of the journey is reached-for it has become a journey by this time-the rider is exhausted to such an extent that a severe headache or some more serious indisposition is the result. There is no other reason for this than the fact that she did not prescribe for herself a certain distance before starting out, which was not to be exceeded under any circumstances. No ordinary woman who rides for pleasure once or twice a week should do over about ten miles at a time. This is perhaps an hour's ride, that may be easily extended to an hour and a quarter before that distance is covered; and if she does not feel fresh and in a glow when she stops, she may be certain that she has ridden long. Naturally there is that healthy tired feeling which anyone recognizes after athletic exercise, but It is quite different from and never to be mistaken for the weariness which comes from too much exertion and straining of the nerves and muscles. Very few women have ever been injured on a bicycle who kept to this rule, and limited their rides to nor-

mal distances. The limit of distance, which is designated by the first feeling of weariness, is only a little more important than the limit of speed which the female frame is capable of undergoing under healthy exercising rules. Whether a man can ride at full speed for a long distance and still retain his good health is a doubtful question, but it does not particularly concern us in the present discussion. It is quite certain, however, that no woman can keep up a high rate of speed for even a generous portion of a mile and not create the beginnings of injuries. The added strength required to increase your speed even a little after a certain amount of power has been expended is out of all proportion to the results. There is no relaxation of the muscles between revolutions of the pedals, nor any let up on the nervous and muscular strain while the speed lasts. The heart is far more taxed than one realizes at the moment, and that species of tingling or numbness in the nerves and muscles which often results is only a sign that they have both been

This danger is acquiring too much speed is natural enough. The bicycle runs so easily on smooth asphalt or macadam that it is a strong temptation to "scorch"-indeed, it is so strong a temptation that as soon as a girl has fairly learned to ride easily she has to put a deliberate check on herself to avoid dropping into it.-Harper's Bazar.



The Best Way to Rest. There is one bit of furniture no

bedroom should want for, to-wit, the tabouret. The little footstool, indis pensable in its way, will not fill the place of this more sufficient "rest" for "bate out underpinnings," to use

the "washer lady's" euphemism.

Amply suporting weary legs, the tabouret, together with an easy chair, furnishes a delightful substitute for the couch when resting and reading are to be combined.

Physicians all agree that a woman should as much as practicable keep her legs on a level with the rest of the body, and occasiontl indulgence in that mannish trick of placing them even higher would help amazingly toward doing away with those tired feel

ings and that dragged sensation. Fashionable women, to whom the necessity of never showing fatigue and of ever looking their "best" has taught, the knack of acquiring a maximum of rest in a minimum of time, are fast falling into masculine habits of posture when in the seclusion of bedroom or boudeir. This era of exercise gives them their cue—they learn on the tennis court or in the "swagger" gymnastic class how entirely restora-tive it is to lounge and loll about.

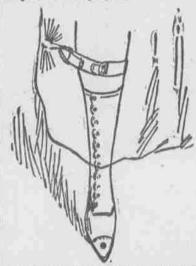
The tabouret may become a most picturesque and important part of paper is laid under it.

THE WOMAN'S WORLD. the mise en scene of those hours of studied dishabille, when a pretty woman, prettier than ever in flowing tea gown, receives, half reclining her in timates only.

In a winter room, furnished in mahogany and tapestry like portieres, the tabouret is effectively upholstered in old-fashioned worsted filled canvas, which seems, if not in reality to owe its gay pattern to the patient fingers of some passed away kinswoman. Something cool in texture should cushthe tabouret for summer. India silk, linen, or denim, or best of all a square of lovely matting. The Japanese matting-a combination of cot ton and swamp grass, deliciously dyed fore extremely durable.-Philadelphia -is finely woven and reversible, there

A New Skirt Holder.

Here is a skirt holder for women bicyclist, reproduced from the Phila-delphia Times. It seems to be well adapted to the purpose.



This holder is invisible and may be worn with perfect comfort, when elther riding or walking. It keeps the skirt down and out of the way at the same time, and gives the wearer a feeling of security that adds a great deal to her peace of mind.

Bodice With Jacket Effect.



Reform in Beds and Bedding.

The big double bed ought not to be. We shall be a healthier people when it is banished forever. The little single iron or brass bedstead with a mattress than can be kept easily aired and cleaned is the bed that ought to be universal. And the heavy comforter ought to be banished with the double bed, for it belongs to the log cabin and the backwoods. The proper covering is a light-weight blanket that can be frequently washed and kept soft and white. Tucking the bedclothes tightly is another custom handed down by dwellers in Arctic wilds. The practice of making up a bed and making it almost air tight only obtains among stupid people, and is as unhealthful as it is unclean. —Philadelphia Times.

Renting Bridal Finery.

In the window of a curiosity shop on Madison street, East Side, is a sign reading, "Wedding dresses to hire." In a small room at the rear is a big chest. In the big chest are trousseaus of all cuts, materials and sizes, to gether with vells, slippers, etc., to match. Some are a little the worse for wear, and time has rubbed the gloss off many. Still, they are fit for an emergency. The dealer said that some of the dresses had been worn by at least 100 brides, but that business has been dull of late. The meanest nuptial outfit would be let for \$1, the better garments costing more, of course-New York Letter.

Fete Dress for Small Girl.



Househild Bints. When silk looks greasy remove the grease by spreading magnesia on the

wrong side. Sawdust and chamois as polishers after cut glass has been thoroughly washed in hot soapsuds will make it

glitter and sparkle. Ollcloth is ruined by the application of lye soap, as the lye eats the cloth After being washed it should be wiped perfectly dry or the dampness will soon rot it. If laid down where the sun will shine on it much, it will be apt to stick fast to the floor, unless

Nobody knows how weak a blow he can strike until he tries it.

A man does wrong for the same reason that wolves steal sheep.

Still water runs deep; but still whiskey is generally clear out of sight.

Physician-And you have felt this way for several days? H'm! Let me see your tongue.

Patient-It's no use, doctor; no tongue can tell how I suffer.-Boston Transcript.

When the stomach is satisfied, the food is bitter.

Wit is the god of moments, but genius is the god of ages. More water glideth by the mill than

wots the miller of. A room hung with pictures is a room

hung with thoughts. The sum of the whole is this: Walk and be happy; walk and be healthy.

It is but a step from companionship to slavery when one associates with

The Rev. Primrose-Even the dumb animals teach us a lesson.

Merritt-Yes. I ventured too near a mule the other day. He taught me a lesson I'll never forget.

Mrs. Brown-I'm sorry the jelly was so spoilt that I couldn't give you any. I hate to throw anything away. -I thought you'd a friend who was

Small Fry Swindlers. Some of the meanest of these are they who seek to trade upon and make capital out of the reputation of the greatest of American tonics, Hostetter's Stomach Bitters, by imitating its outward guise. Reputable druggists, however, will never folst upon you as genuine spurious imitations of or substitute for this sovereign remedy for malaria, rheumatism, dyspepsis, constipation, liver com-laint and nervousness. Demand, and if the dealer be honest, you will get the genuine article.

No matter what appearances may be the way God chooses for us is always the best.

It is better to wear a clean dress of homespun, than a purple robe filled with smallpox.

Laziness is patience gone to seed.

Some men stop talking nice in church about the time their wives begin to clean house.

Metal Wheels for Your Wagons. The season for cutting corn fodder being close at hand, it may be well for farmers to get a set of these low metal wheels with wide tires. They can be had any size wanted from 20 to 56 inches in diameter, with tires from 1 to 8 inches wide. By having low wheels enables you to bring the wagon box down low, saving one man in loading fodder, etc. It is also very convenient for loading and unloading manure, grain, hogs, etc., and will save in labor alone their cost in a very short time. These wheels are made of best material throughout, and have every possible advantage over the high wooden wheels with narrow tires, and will outlast a dozen of them. There will also be no resetting of tires necessary, and consequently no blacksmiths' bills to pay. Wide tires save your horses and prevent cutting up your fields. For further information write The Empire Manufacturing Co., Quincy,

application. Brown-Hello, Jones! How's your

Jones (a little deaf)-Very blustering and disagreeable this morning.

"So the insolent fellow refused to pay his rent."

'He did not say so in words but he intimated it." "How so?"

"He kicked me down stairs."

Phylosophy teaches a man not only how to live, but best of all how to die.

Cora-You must be crazy to think of marrying a poet. Laura-But you must remember

Howard is not a common poet. He writes advertising poetry. God is as much against a giant as he

giant is in the wrong place. Nothing can make us absolutely

is against anybody else, when the

fearles under all circumstances, except knowing that God is with us. Child-Do you think we will have a

thunderstorm to-night? Mother-No. Child-Then I needn't bother saying

my prayers. I'm only afraid of thunder .- Truth. Solomon:-"What's the matter with

your thermometer? It seems to be out of order." Hiram:-"No, it's all right. It's a

Masonic thermometer -33 degrees is as high as it can go."-Unknown.

Enthusiastic Mason, who thinks he detected a sign:-"Are you a Master Mason?"

Irish Lord:-"Phat the divil do yez take me fer-do I look like a mendicant? No, sor. a plumber."

DR. J. C. AYER'S The Only

of the blood.

SARSAPARILLA Permitted at World's Fair.

The best record. Half a century of genuine cures.

Highest of all in Leavening Power.-Latest U.S. Gov't Report

It is hard to know when a man is going to marry, but with a woman you can tell by the company she keeps.

Well regulated love is six of one and half dozen of the other. A fool and his money are soon part

ed, for the general good of mankind. Matrimony is a hard teacher, bu

some people will learn under. First City Boy-What's that cow got bell on for, I wonder?

Second Ditto-I suppose it's to tell the bicycler to look out .- Puck. Some young people who marry in

that they have no leisure in which to repent.

haste have to hustle so for a living

Every mother should always have at hand a bottle of Parker's Ginger Tonic. Nothing else s good for pain, weakness, colds and sleeplessness.

The devil agrees with the moderate drinker who says he can drink or let it

Now is the time to cure your Corns with Hindercorns. It takes them out perfectly gives comfort to the feet. Ask your druggist for it. 15c

Cora-Are you sure Blanche hates her so?

Miss Snyder-Yes; they are always Nickelby-That's a strange pair of

scales you have there. I suppose they re of the Ambuscade kind. Grocer-Ambuscade? What is that? Nickelby-Why, they lie in weight,

as it were. \*We will give \$100 reward for any case of catarrh that can not be cured with Hall's Catarrh Cure. Taken internally.

F. J. CHENEY & CO., Props., Toledo, O. "Is marriage a failure?" "No, not as a means of grace."

"Er-what?" "It leads to repentance."-Truth.

Cold and distant-The North Pole. Ballet dancers never require a dress

At first a child wants the moon. A

little later he wants the earth. I am entirely cured of hemorrhage of lungs by Piso's Cure for Consumption .-LOUISA LINDAMAN, Bethany, Mo. Jan. 8, '94.

While white signifies purity, doesn't apply to milk.

THREE LITTLE GIRLS in the communicative mood. First L. G.: "My pa is a Knight

Templar. What is your pa?' Second L. G.: "Oh, my pa is a Ill., who will mail catalogue free upon Knight of Pythias. And what is your

Third L. G.: "I guess my pa is an All Knight. Anyhow, ma says she thinks he is, 'cause herdon't come home till mornin'."

"I guess my pa is an ach, loss of appetite, coated tongue, indigestion, or dyspepsia, windy belchings, "heart-burn," pain and distress after cating, and kindred derangements of the liver, stomach and bowels.

Points about oysters-blue points. Most people eat to fill, but the den-

tist fills to eat. Advertisements of Faber's pencils should be set up leaded.

An after dinner speech-Waiter, bring me the toothpicks.

A bushful young man, like corn, turns white when he pops.

Never propose to a girl with a heetic flush. She might go into a decline.

FITS—AllFitsstopped freeby Dr. Kilme's Great ferve Restorer. No Fits after the first day's usa. Treatise and \$2 trial bottle free be it cases. Send to Dr. Eline. Sil Arch St., Philas Fa.

She-Is it well, do you think, to tell the truth about your friends? He-Yes-but wait till they're gone.

"Hanson's Magie Corn Salve."

Don't kick if you find a frog in your milk. Frogs are cheap at eight cents

If Troubled With Sore Eyes Jackson's Indian Eye Salve will positively cure them. 25c at all drug stores.

Someone has said, "The people like tyrants." Maybe that is why the people get married.

Hegeman's Camphor Ice with Glycerius. Cures Chapped Hands and Face, Tender or Sore Feet, Chilblains, Files, &c. C. G. Clark Co., New Haven, Ch.

"How dear to our hearts is the old silver dollar, when some kind subscriber presents it to view; the liberty head without necktie or collar, and all the strange things that to us seem so new; the wide spreading eagle, the arrows below it, the stars and the words with the strange things they tell, the coin of my father's, we're glad that we know it, for some time or other 'twill come in right well-the spread eagle dollar, the star spangled dollar, the old silver A joint canvass-That which covers dollar we all love so well."-Square and Compass.



rangements and diseases, and will have
less frequent need
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service.
Of all known
agents for this purpose, Dr. Pierce's
Pleasant Pellets are
the best. Once Once used, they are al-ways in favor. The Pellets cure biliousness, sick and bilious head-



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It is easy to trace the growth of a word. It is easy to learn what a word means. G. & C. Merriam Co., Publishers, Springfield, Mass. 



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Neither are the women who use it. Thousands of thrifty housekeepers say that

The Times.

Clairette Soap is an improvement on any soap they ever used. Try it and compare results.

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